

INSIDE

RSO set to assist 25th ID deployment

Story and Photo by
SPC. DANIEL BEARL
25th Infantry Division Public Affairs

CAMP BUEHRING, Kuwait — As the 25th Infantry Division makes final preparations to deploy, a small team of its Soldiers have gone ahead to ensure a smooth transition from Hawaii to Iraq.

The Reception, Staging and Onward Movement Team [RSO] touched down in Kuwait this week to pave the way for troops scheduled to train in Kuwait before moving north into Iraq later this summer.

"We're here to ensure the division's movement is smooth," said Capt. Chris Carter, 25th Infantry Division G1. "We will do all the planning and coordination for the brigades that range from training to personnel in-processing to movement of equipment."

Facing daytime temperatures surpassing 120 degrees and relentless, dusty winds, the officers and senior enlisted Soldiers in the RSO party have been working since they stepped off the plane. The RSO party is laying down the infrastructure necessary to ensure that each Soldier moving through Kuwait receives training vital to the accomplishment of the division's mission.

To accomplish its mission, the RSO party will remain in Kuwait until all of the division's units have successfully arrived and completed training; thus making its stay in the gulf state one of the longest of the 25th Infantry Division's elements.

Despite the heat and wind, though, the RSO team is confident that it will accomplish its mission in Kuwait, said Carter.



Sgt. Maj. Luis Rivera, RSO NCOIC, and Sgt. Maj. Jonathan B. Stone, 25th Infantry Division command career counselor, assemble a conference table for use in the RSO's operation center. Rivera and Stone arrived in Kuwait recently as part of an advance party, which serves to ensure a smooth deployment for Soldiers and equipment heading to Iraq.

High flying aircraft

5-14th Cavalry soars UAVs to new heights

A-3

Education column debuts

A monthly column on education of military kids begins with a side-by-side comparison of schools impacting Army keiki

A-6

Military writer sought

A photojournalist with military background is needed to cover Army beat. Call 655-4816.



163-mile trek

Army captain pedals the state of Massachusetts to battle cancer

B-7

This issue

Lightning Spirit	A-2
News Briefs	A-5
Health	A-10
MWR	B-2
Sports & Fitness	B-7

Fort DeRussy gallery honors illustrious career of Shinseki

Retired four-star general rose through the ranks to be Army chief of staff

Story and Photos by
SPC. STEPHEN PROCTOR
17th Public Affairs Detachment

FORT DERUSSY — To recognize the Hawaiian native whose 38-year Army career went from the U.S. Military Academy, West Point, to the top office in the U.S. Army, the chief of staff of the Army, Hawaii Army Museum Society members opened a new gallery in his honor, July 20.

Retired Gen. Eric K. Shinseki flew to Hawaii for the opening of the gallery at the U.S. Army Museum of Hawaii. His career includes the battlefields of Vietnam, more than a decade in Europe, and tours in numerous other locations in between rising to the rank of four-star general and becoming the first Asian-American chief of staff of the Army.

A crowd of Shinseki's friends and family members were joined by active and retired Soldiers and a group of 100th Infantry Battalion veterans, some of who wore the Medal of Honor.

The Shinseki gallery had first



Shinseki



A series of photos from retired Gen. Eric K. Shinseki's academy days is one of many displays in the Shinseki gallery at the U.S. Army Museum of Hawaii.

opened as a temporary exhibit in March of 2004, but it was so well received that now it is one of only two permanent galleries at the museum.

"The gallery was such a success that we decided to make it permanent," said retired Maj. Gen. Herbert E. Wolff, president of the Hawaii Army Museum Society. "The only other permanent gallery is the Gallery of He-

roes, dedicated to Medal of Honor recipients."

"General Shinseki was a Soldier," said Maj. Gen. Benjamin R. Mixon, commander of the 25th Infantry Division, "and when he was the chief of staff, we knew we had a Soldier in charge of our Army."

"When history looks back on his

SEE GALLERY, A-8

Some Soldiers eligible for MGIB benefits transfer

ARMY NEWS SERVICE
News Release

WASHINGTON — The Army announced July 21 the implementation of a pilot program allowing Soldiers in critical skills who re-enlist the ability to transfer Montgomery GI Bill benefits to their spouse.

Enlisted Soldiers who have completed at least six years of service, re-enlist for a minimum of four years, qualify for a Selective Re-enlistment Bonus (SRB), and are entitled to a Zone B or Zone C bonus will have the option to transfer up to 18 of 36 months of their MGIB entitlement.

Soldiers can choose between a full SRB or a slightly reduced SRB plus the ability to transfer more than \$18,000 in benefits.

The fiscal 2006 basic MGIB monthly benefit for full-time training is currently \$1,034. This benefit is also available but prorated for part-time enrollment.

Soldiers who elected the Army College Fund (ACF) as an enlistment option and/or have enrolled and paid toward the \$600 MGIB Additional Opportunity can include their expanded benefit (MGIB, ACF and MGIB Additional Opportunity) in the transferability program.

The Army will study the results of the program with the possibility of making it a permanent part of the Army's re-enlistment policies.

"The Army continues to focus on and provide support to Soldiers' families because it is the right thing to do, and because we know that we recruit Soldiers, but retain families," said Maj. Gen. Sean Byrne, director of Army Military Personnel Management.

Education benefits are a key component of the incentive package used by the Army to attract and retain quality Soldiers. At the foundation of these benefits is the MGIB. The transferability of MGIB benefits is an additional lever being used to retain Soldiers with critical skills.

Soldiers interested in participating in the program should visit their Army retention career counselor for information.

Free credit monitoring for veterans comes to abrupt halt

BETH REECE
Army News Service

WASHINGTON — The White House withdrew its funding request July 18 for free credit monitoring services for the 26.5 million veterans and family members whose information was thought to be impacted by the May 3 theft of a Department of Veterans Affairs computer.

Veterans Affairs Secretary R. James Nicholson announced the recovery of the stolen computer June 29, eight days after he announced that the agency would provide one year of free credit monitoring to those whose Social Security numbers and birth

dates were feared stolen.

"The FBI has a high degree of confidence — based on the results of the forensic tests and other information gathered during the investigation — that the sensitive data files were not accessed or compromised," said White House Budget Director Rob Portman in a letter to House Speaker J. Dennis Hastert.

"On the basis of the FBI's analysis, the administration has concluded that credit monitoring services and the associated funding will no longer be necessary," Portman added.

Despite good news that the database was uncompromised, VA continues soliciting bids from companies that provide data-

breach analysis to ensure information is kept secure in the future, according to VA spokesman Matt Burns.



To receive a free credit report, go to annualcreditreport.com or call (877) 322-8228.

"The VA has funds in its budget that can be used for this purpose," Burns said, "and there will be no diminution in the quality of health care and other services provided to veterans as a result of this expenditure."

Since the theft, numerous personnel changes have taken place in the Office of

Policy and Planning, where the breach occurred. VA has also hired a special advisor for information security and re-energized its cyber security and privacy awareness training.

As FBI's "high degree of confidence" is not 100 percent assurance that veterans' personal information is safe, Army officials recommend Soldiers continue monitoring their credit reports.

The Fair Credit Reporting Act requires each of the nation's consumer reporting companies — Equifax, Experian and Trans Union — to provide one free credit report a year to each citizen, per the individual's request.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 655-4816, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with captions and bylines.

The Hawaii Army Weekly is an authorized newspaper and is published in the interest of the U.S. Army community in Hawaii.

All editorial content of the Hawaii Army Weekly is the responsibility of the U.S. Army, Hawaii Public Affairs Office, Schofield Barracks, Hawaii 96857. Contents of the Hawaii Army Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Hawaii Army Weekly is printed by The Honolulu Advertiser, a private firm in no way connected with the U.S. Government, under exclusive written agreement with the U.S. Army, Hawaii.

The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army, or The Honolulu Advertiser, of the firms, products or services advertised.



Commander

Maj. Gen. Benjamin R. Mixon

Public Affairs Officer

Troy Griffin

Command Information Officer

Ed Aber-Song

edward.abersong@schofield.army.mil

Managing Editor

Aiko Rose Brum

editor@hawaiiarmyweekly.com

Assistant Editor

Jeremy S. Buddemeier

news@hawaiiarmyweekly.com

Pau Hana Editor

Christa B. Thomas

community@hawaiiarmyweekly.com

christa@hawaiiarmyweekly.com

Staff Writer

Megan Stahl Smith

Layout

Leah Mayo

Advertising: 525-7654

Editorial Office: 655-4816/8728

Fax: 655-9290

Address:

Public Affairs Office

Bldg. 580, Stop 215

Schofield Barracks, HI 96857

Web site:

http://www.25idl.army.mil/haw.asp

‘Engage’ says Army chief of public affairs

JOHN HARLOW

Army News Service

FORT MONROE, Va. — In a video teleconference with Training and Doctrine Command (TRADOC) public affairs professionals July 19, Brig. Gen. Anthony Cucolo, the Army’s new chief of public affairs, spoke of his position and the profession’s future.

“Your duties are absolutely key to winning this battle of ideas,” Cucolo told TRADOC public affairs officers at 16 installations. “Your product, the Soldier or leader at your installation, is essentially the credentials of the Army.”

Cucolo assumed his new role June 9, and most recently served as director of the Joint Center for Operational Analysis at the U.S. Joint Forces Command in Norfolk, Va.

The global war on terror is fought as much through television, newspapers and the Internet as it is on the battlefield, he said.

“This is an incredible time in history to be doing this job,” said Cucolo. “I want the operational field of the Army to look at us as the experts in communication. Public affairs professionals have the pre-eminent role in strategic communication.

“I am motivated to convince my former operational peers what the public affairs folks can do for them, how closely they should be placed in the headquarters and the level of interaction that needs to take place before decisions are made,” he said.

TRADOC and the U.S. Army Accessions Command have a major role in sharing the Army’s stories with the public.

“We want to sustain the confidence in the American people, to include Congress, that the Army continues to produce and field the highest quality of Soldiers that we possibly can,” said the general. “Explain what we are equipping them with training-wise, and tell the story.”

The general also referred to “the enemy,” saying we already know a great deal about physical enemies. “We also need to fight misinformation, complacency and ignorance,” he said.

The general challenged public affairs professionals throughout TRADOC to fight these enemies by aggressively engaging the public and the media.

“Take the gloves off and engage in your best, well-modulated and carefully thought-out professional communication,” said Cucolo. “When you are faced with misinformation, go after it and correct it. I want those outside the Army who are talking about the Army to know we’re listening.”



Cucolo

Troops speak up about war

Service members say Iraq war worth fighting, though morale lags among some

JOSEPH GIORDONO

Stars and Stripes, Midwest edition

In the third year of the war in Iraq, with debate flaring in the U.S., American troops surveyed by Stars and Stripes overwhelmingly said the war is worth fighting.

Seventy-four percent of Stripes military readers in Iraq who responded to a readership survey said fighting the war for America was “very” or “somewhat” worthwhile. About a quarter of the respondents said it was “not very worthwhile” or “not worthwhile at all.”

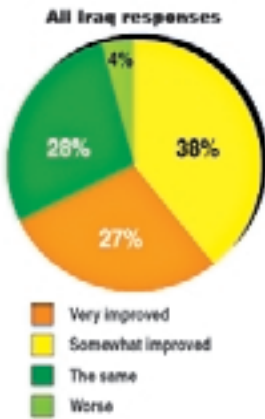
And while 81 percent of Stripes readers in Iraq said the definition of their mission is clear, responses also reflected some concerns about morale.

Troops in the non-officer, or enlisted, ranks tended to be less optimistic about the subject of morale than officers.

While half of the respondents between the ranks of E-1 and E-6 said their unit’s morale was somewhat low or very low, 82 percent of the commissioned officers who responded said they believed their unit’s morale was high or very high. The percentage of these officers rating their unit’s morale as somewhat low or very low was 15 percent. Seventy-four percent of readers with ranks from E-7 to E-9 plus warrant officers rated their unit’s morale as high or very high.

The survey also asked about the respondents’ personal morale, as opposed to their perception of the unit’s morale. While junior enlisted, such as privates,

How would you describe current conditions in Iraq compared to when you first arrived?



specialists, corporals or senior airmen, rated their personal morale higher than the unit’s morale, there was still a wide split between junior enlisted and everyone else: Sixty-six percent of those E-1 through E-4 rated their personal morale high, while 84 percent of senior enlisted and warrant officers said the same.

Eighty-two percent of those O-1 through O-3, lieutenants and captains, and 81 percent of those O-4 and above, majors and above, rated their personal morale as high.

At the same time, although they rated their morale high, the junior officers, O-1 through O-3, were less inclined than others to feel that conditions in Iraq had improved compared to when they first ar-

rived.

Forty-eight percent of these officers believed conditions in the country had improved; 44 percent felt the conditions were the same or worse.

Sixty-seven percent of enlisted believed conditions had improved, while 69 percent of officers O-4, or major, and above believed conditions had improved.

The results are culled from a readership survey inserted into printed editions of Stars and Stripes delivered to Iraq, Afghanistan and other locations on single days from December and February, with responses accepted through March.

The results were compiled by media research experts from MORI Research, a Minneapolis-based firm whose clients include USA Today, The Washington Post, Knight Ridder and The Seattle Times, among other news organizations.

Nearly 600 readers in Iraq responded to the surveys, including high-ranking officers, lower enlisted troops and civilians.

Among the other findings of the survey:

Only about half of the military respondents in Iraq rated their interaction with Iraqis as positive. Fifty-two percent rated the interaction as excellent or good, while 44 percent chose fair or poor.

The outcome was more on the positive side in Afghanistan, with 60 percent rating their interactions with Afghans as excellent or good.

Surveys returned from Afghanistan, showed some marked differences in response to certain questions. For example, while 68 percent of those in Iraq rated the mail system as excellent or good, only 55 percent in Afghanistan gave the service those high ratings.

Sixty-eight percent of those in Iraq who returned the survey said they believed public support for troops in Iraq was “strong.” A slightly lower number — 64 percent — said they were “well informed” about public action in support of troops in the Middle East.

Seventy-nine percent rated their living conditions as excellent or good. A roughly equal number — 73 percent — rated their personal health as excellent or good compared to when they first arrived in theater.

Asked to rate their chain of command’s concern for their living conditions, E-5s and E-6s, the lower-ranking sergeants, gave the command lower marks than others did.

Sixty-seven percent felt their chain of command was somewhat concerned or very concerned. Twenty percent responded “not very concerned,” and 11 percent said “not concerned at all.”

(Editor’s Note: Used with permission from Stars and Stripes. © 2006 Stars and Stripes. Please do not reprint.)



LIGHTNING SPIRIT

‘God’s peace be with you’ till the family reunion

CHAPLAIN (CAPT.) J. ANDREW RIGGS

Deputy Community Chaplain, Schofield Barracks

As a community, we are preparing to send our Soldiers on a forward deployed mission for one year. Yet, I am thinking about reunion.

My wife, daughters and I just returned from 22 days leave to visit her family. This was the first time all her brothers and sisters had been together in a long time. It was also the first time in 10 years that my daughters and I had seen my in-laws.

I was looking forward to the trip, especially since we were going to stay with my wife’s family. All of us needed that time with family to re-connect, catch-up, and share and hear old stories.

It had been too long since we had been able to have such a get-together, and I hope it won’t take that long to do it again.

Similarly, it has been a long time since we attended a family reunion for my side of the family. My work and deployments have prevented me from being with my family, as I would have liked. Too many times, my family had to represent me.

I wish I could have been at those reunions or get-togethers, but I had been sent by God to take care of his people in other places. I had to fulfill my responsibility to both the Army and more importantly to God.

Yet, during those many times away from home, I was never alone. Yes, I had the company of all those in a similar situation. And yes, we were able to be of support and comfort to each other because of missing our families.

It was not just me as a chaplain who could listen and uplift someone else. I could also receive from someone else, both chaplain and non-chaplain — someone to vent to and be supported by during those times I felt sad and alone.

I was united to the Soldiers I served with because all of us longed for home.

However, the real reason I was never alone during those times was because God was with me. I also received comfort from knowing God was with my family. At the same time, God watched over each of us no matter where we were.

Even though I had hoped to come home

safely, I knew I could not make such a promise to my family. I did promise that I would be in good hands and that people would watch over me. I asked my family to pray for me as I prayed for them.

When I finally was reunited with my family and the celebration died down, I tried to make the most of my time with them according to all the plans I came up with during my deployment. I can only hope that at least many of those plans are now being fulfilled.

God promises from day one to always be with us, no matter where we are. There will be times when it seems otherwise, when we feel very alone or sad, but those are the times we are focused on ourselves and not on God.

Good or bad, God is there. Good or bad, God guides us through life. It hurts to be separated from loved ones, but God unites us to himself with and through his love for us.

Remember, we can do all things and endure all things through God who strengthens each of us.

May God’s peace be with you all during the upcoming deployment.

65 days since last fatal accident



As of 7/25/06



Soldiers, as your daily reminder to be safe, place a “red dot” on your wristwatch.

Remember, a division training holiday will be awarded for the first 100 consecutive days with no accidental fatalities.

Voices of Lightning:

What’s your favorite MRE (meals ready to eat) recipe?



“I like chili mac because you can mix in crackers and Tabasco sauce for a hearty meal.”

Sgt. Jerry Porotesano
540th QM Co.
Squad Leader



“... Chicken noodles ... because it tastes good, [and] comes with the peanut butter M&Ms.”

Pfc. Adam Long
B Co., 1-27th Inf.
Regt.



“Beef stew is my favorite because it has a bit of everything.”

Sgt. Dexy Herrera
25th HHC Div.
MI Analyst



“I would say my favorite is the enchilada ... it is very filling.”

Sgt. Charles Smith
B Co., 1-27th Inf.
Regt.



“Chili mac ... because you can eat it straight out of the bag, heated or not.”

Pvt.2 Nathan Otter
B Co., 1-27th Inf.
Regt.

5/14th Cavalry takes flight with unmanned aircraft

UAVs offer bird’s-eye view of battlefield and saves lives

Story and Photos by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

WHEELER ARMY AIR FIELD — It looks like a remote-controlled airplane that a radio control model aviation enthusiast would fly, but this plane is no model.

It is an unmanned aerial vehicle (UAV), cutting-edge technology destined to help lower troop fatalities.

Already, the UAV is transforming the 2nd Stryker Brigade Combat Team. Recently, the 5th Squadron, 14th Cavalry Regiment, set up equipment to conduct test flights on Wheeler Army Air Field. Civilians, instructors and Soldiers prepared for the first official flights of the UAV.

“Our unit has been activated for a year now, all this time studying in classrooms and doing simulations,” said 1st Lt. Jacob Hina, a UAV platoon leader. “Now that we have the UAVs, we can do the training we were meant to do.”

The Army has used the UAV, also known as “the Shadow,” for about six years. It has a 12.75-foot wingspan, weighs roughly 215 pounds, and scouts areas of specific interest — during daylight and darkness — before troop movement. It allows commanders optimal coverage.

“The 5/14th’s primary function for the UAV will be route reconnaissance, flying



Above — An unmanned aerial vehicle, or UAV, readies for launch in the air on test flights.



Right — Onlookers may ask, how does a pilot fit in a UAV? Easy answer — the pilot stays on the ground and controls this aircraft. Fitted inside, a camera takes pictures and sends them back to a command post for analysis.

ahead of a convoy, or moving into an area where we don’t have positive identification of the number of enemy or layout

of the terrain,” Hina explained.

Fitted with a camera, the UAV sends back real-time images to commanders. It

surveys terrain and notes possible enemy attacks and permits assessment of danger before movement in unpredictable areas.

However, getting the aircraft to work is not as easy as it looks. The UAV is loaded onto a slingshot-type launcher then catapulted into the air. Once it gets lift, it can fly up to 100 knots an hour, but crews must control the flight of the aircraft and operate the camera from the ground.

“I truly believe we are in the business of saving lives .”

Sgt. Kevin Cross
UAV Instructor,
Fort Huachuca, Arizona

The 5-14th Strykehorse Battalion received its first UAV in June. Ever since, it’s been conducting new equipment training and running official test flights.

“I truly believe we are in the business of saving lives,” said Sgt. Kevin Cross, a UAV instructor from Fort Huachuca, Ariz. “If these UAVs are used correctly, they will support the mission,” he said.

“When we were first going into Iraq and there were a lot of raids,” Cross continued. “We would fly them a couple of nights prior to movement. [They] helped to cut down on loss of life, not to mention [they] targeted key areas of interest prior to going into a city.”

The UAV has logged more than 10,000 flight hours in Iraq. In addition to reconnaissance, the Army uses the UAV during humanitarian missions.

1-21st donation enables Waianae Elem. School to beat the heat

Schofield’s school partnership program aids creature comforts

Story and Photo by
SPC. AMANDA FLEMETT
2nd Brigade Public Affairs

WAIANAЕ — Although the Waianae Coast boasts spectacular scenery, enjoying its views often comes with a challenge — the heat. Hence, common knowledge on Oahu is, no matter where you are or what the temperature may be, it is 10 degrees warmer in Waianae.

Despite the blistering heat, Robert Kalaaola, head maintenance supervisor at Waianae Elementary School, was sitting and reflecting in the Waianae sun. Four new 25,000 BTU air conditioners were making their way to his school, a donation from the 1st Battalion, 21st Infantry Regiment.

“I think it’s a very grateful thing that they have provided and a perfect way to give to the community here,” said Kalaaola. “I remember when I was in high school, I told everyone I was leaving and wasn’t coming back,” he said. “But now I’m glad to be working out here around the kids and giving back [to the community].”

Kalaaola said he takes pride in this occupation and is determined to give the school’s children safer



Master Sgt. Robert Carroll (left) and maintenance supervisor, Robert Kalaaola, carry one of four heavy air conditioners into Waianae Elementary School. The air conditioners were donated by 1-21st Inf. Regt. in order to help students beat the heat this school year.

grounds, appliances that work, and positive role models to whom they can relate.

“The donation is from the heart and that’s for the school, that’s for the kids ... number one thing is always for the kids,” he said.

The 1-21st regularly assists students and staff at Waianae Elementary, its adopted school in the 25th Infantry Division’s School Partnership Program. The “Gimlets” said they especially enjoy “Seahorse Storyteller Night,” a time when Soldiers spend time reading stories to students.

Regarding the school partnership, Kalaaola said it’s beneficial for the school and the children. He hopes that interaction will continually grow between the Soldiers of 1-21st Regt. and schoolchildren. More importantly, he added, he wants to see the children get the mentors they need.

“It’s good for the kids to see the military come around and that they can be role models for them. They [the kids] see them out in the community, and they say, ‘Man, I wish I could do that.’”



Bob McElroy | Pohakuloa Training Area Public Affairs

Beautifying Saddle Road

POHAKULOА TRAINING AREA — Lt. Col. Kimberly A. Rapacz, Pohakuloa Base Support Battalion commander, and Dave Faucette, PTA’s Integrated Training Area manager, prepare a spot for an A’ali’i plant on the embankment of the new Saddle Road here. Rapacz, Faucette and PTA’s Cultural Resources chief Bill Godby brought members of the Cultural Advisory Committee (CAC) to the site July 21 to see the progress of the new highway. The multimillion dollar highway project will eventually replace the aging, dangerous route that crosses the Big Island. The PTA CAC is comprised of members of the Native Hawaiian community and provides advice, insight and assistance to the PTA commander on Native Hawaiian community concerns.



Sarah H. Cox | Honolulu District Corps of Engineers

FORT SHAFTER — Maj. Gen. Benjamin R. Mixon, commander, 25th Infantry Division, Schofield Barracks, discusses the selfless community service of Mrs. Kara Anderson (center, background) prior to awarding her the Army Outstanding Civilian Service Medal. Kara is the wife of outgoing U.S. Army Corps of Engineers Honolulu District Commander Lt. Col. David E. Anderson (left, background), who ceremoniously passed his command to Lt. Col. Charles H. Klinge at Fort Shafter, July 21.

Corps of Engineers welcomes Klinge as 65th commander

HONOLULU DISTRICT PUBLIC AFFAIRS

News Release

FORT SHAFTER — Lt. Col. Charles H. Klinge became the 65th commander of the U.S. Army Corps of Engineers' Honolulu District during a ceremony on the Palm Circle parade field.

Brig. Gen. John W. Peabody, Pacific Ocean division commander, hosted the ceremony during which outgoing commander Lt. Col. David E. Anderson and Lt. Col. Klinge passed the ceremonial colors symbolizing the official change of command. Klinge and his family were presented with fresh flower lei, a Hawaiian symbol of welcome; and the Anderson family received lei as a tribute to their service.

Lt. Col. Anderson will depart Hawaii to become the legislative assistant to the Secretary of the Army, in Washington, D.C.

Before taking command, Lt. Col. Klinge formerly served as the deputy district commander of the U.S. Army Corps of Engineers, New York District.

Prior to the ceremony, Lt. Col. Anderson received the Army Meritorious Service Medal from Brig. Gen. Peabody and his wife, Mrs. Kara Anderson, was presented the Army Outstanding Civilian Service Medal by Maj. Gen. Benjamin R.

Mixon, 25th Infantry Division commander.

Mixon lauded her service to Schofield Barracks community and praised Lt. Col. Anderson's exemplary leadership in guiding the Corps' outstanding support of Army transformation.

Mixon said Anderson's proactive efforts in coordinating construction of Army transformation projects for the 25th ID and Pacific Army units are paying giant dividends now and will continue to do so in the future effectiveness of the 25th ID combat Soldier.

Mixon said the Corps' recent completion of the Battle Simulation Complex at Schofield Barracks is already making a difference in the way 25th ID Soldiers train for combat.

In his third tour with the Corp of Engineers, Klinge will command an organization of about 375 engineers, scientists and support staff located in Hawaii, Palau, Guam, American Samoa, the Commonwealth of the Northern Marianas and Kwajalein.

Honolulu District is responsible for major military design and construction, civil works, international and interagency support, real estate services to the Army and Air Force, regulatory work, environmental services and emergency management. The District's current active program is valued at about \$2 billion.

84th Engineers experience cultural wonders of Iraq

CAPT. RICHARD BECKER

Signal Officer, 84th Engineer Combat Battalion (Heavy)

UR, Iraq — Nestled in the southern region of Iraq near the current city of Tallil, stands the ancient city of Ur, built more than 4,000 years ago and still standing today.

Its buildings range from piles of rubble and empty shells to the enormous Ziggurat, which stands 20 meters high.

Five Soldiers from the 84th Engineer Combat Battalion (Heavy) recently took the opportunity to get away from the doldrums of war by experiencing this historical and religious site.

Chaplain (Capt.) Kelly Porter, who led the most recent trip to Ur, attested to the positive impact the trip had on the Soldiers who participated. He described the trip as a lesson in history as well as spirituality.

"Walking around there makes you think about where you are spiritually," Porter said. "Here was this great civilization that did not believe in God, and they died away.

"It makes you think about where [you are] headed. It makes you do a self check on where you stand with God."

Porter, who has studied the history of this region extensively, knew the location was something the Soldiers would love to see. He knew that even if the Soldiers couldn't appreciate the historical and religious significance, it would still be a great way to get them away for a few days and experience something most people never see.

Now, every month, one company from the 84th Engineers selects five Soldiers to experience Ur. When asked how many Soldiers knew of Ur when they were selected for the trip, Porter said not too many. He said that he "tried to explain to the leaders what it was. I gave them a flyer with a few pictures of the area ... before we flew down there, I gave the



Courtesy Photo

Seven Soldiers from the 84th Engineer Combat battalion (Heavy) take time off to visit the historic and religious city of Ur. Ur was built more than 4,000 years ago and was the birthplace of Father Abraham from the Bible.

Soldiers a little 'read-ahead' of what [they were] going to see."

Soldiers who experienced the desert wonder said they were truly amazed.

Spc. Rachel Brennan, with Headquarters and Support Company, said, "It was in better condition after 4,000 years than I thought it would be."

Sgt. Fannie Castro, a logistics non-commissioned officer, piped in her first impression: "It was really old. It's amazing that there was a civilization there."

Touring the old city of Ur, Soldiers saw the buildings, roads, shops and Ziggurat — the religious temple from two millennia past.

The Ziggurat served as the royal palace. From the top of the Ziggurat temple, visitors can see the world

from a bird's point of view.

Pfc. Michael Keuhne, the 84th's chaplain's assistant, said his favorite part of the trip was when he actually climbed the stairs of the Ziggurat, "being able to see how high it was and see everything from that height and distance."

Another amazing aspect of the trip was the "cuneiform" or ancient writing that is still visible on the bricks of buildings.

Soldiers returned from their trip with some much-needed positive memories of Iraq and a glimpse of the civilization that pre-dates the Bible.

"You can see a picture of the Ziggurat, but until you are there, it doesn't become real," said Keuhne, summing up his experience.

News Briefs

Send calendar announcements to community@hawaiiarmyweekly.com.

Library Closure — Sgt. Yano Library, Schofield Barracks, will be closed July 30 for carpet cleaning. The library will reopen at its regular hours July 31. Regular library hours are Monday through Thursday, 11 a.m. to 8 p.m.; Friday through Sunday, 10 a.m. to 6 p.m.; and closed on holidays. For more information, call 655-8002.

CVS Training Deadline — Per a Homeland Security directive, key personnel from Army organizations with contract employees must receive Contractor Verification System training no later than July 31. Without CVS training, key personnel will not be able to add contractors into the Defense Enrollment Eligibility Reporting System (DEERS). Contractors must be entered in the CVS by July 31 to receive or renew their common access cards (CAC). For more information, contact James Euell at 438-3095 or james.euell@us.army.mil.

Sexual Harassment Training — U.S. Army Garrison, Hawaii Equal Employment Opportunity Office will conduct mandatory Prevention of Sexual Harassment (POSH) training for civilian employees and supervisors and military supervisors of civilian employees. Training session lasts one hour.

At *Richardson Theater, Fort Shafter*
•Aug. 8: 1 p.m. for supervisors and 2:30 p.m. for employees*

•Aug. 9: 1 p.m. for employees and 2:30 p.m. for supervisors

At *Sgt. Smith Theater, Schofield Barracks*
•Aug. 10: 9 a.m. for employees and 10:30 a.m. for supervisors*
•Aug. 11: 9 a.m. for supervisors and 10:30 a.m. for employees
•Aug. 11: 1 p.m. for supervisors and 2:30 p.m. for employees
(*Sign language interpreters will be available for these sessions.)

For more details or to coordinate submission of attendance rosters or if special accommodations are required, call Sherry Imamura-Ryan or Lei Kalaukoa at 438-1132.

GPC Training — Training is scheduled for the Government Purchase Card program Aug. 8, 8:30 a.m. to 3 p.m. at the Post Conference Room, Building 584. To register, email Deborah Makahanaloa at makahanaloaD@schofield.army.mil with the following information: full name; rank; command name; unit or office name; stop number; phone number; and class date. The next class date is Sept. 12. For more information, call Connie Ton at 438-6535, extension 145.

Troops to Teachers — Troops to teachers is a federally-funded program that provides resource support for military members choosing teaching as their next career. For more information on how the TTT program can benefit you, visit the Education Center, Schofield Barracks, room 209 the first Tuesday of each month, from 11 a.m. - 1 p.m.; call Bryan Miller at 587-5580; or email hawaii@notes.k12.hi.us.

Create a Winning Resume — Learn the art of writing a job-winning resume. Army Community Service (ACS) will sponsor Resume Writing Workshops. The workshops are Aug. 9, at ACS, Fort Shafter, and Aug. 10 at ACS, Schofield Barracks; both are 9:30 to 11:30 a.m.

These workshops are designed to provide the writer with skills to create effective resumes for public and private sector jobs.

The importance of cover letters and tips on following up with your resume will also be discussed. To register, call Fort Shafter, 438-9285; or Schofield Barracks, 655-4227.

SAEDA / OPSEC Community Brief — The Hawaii Resident Office presents the annual, mandatory SAEDA (Subversion and Espionage Directed against the Army) briefing. Army regulation 381-12 requires all Department of the Army personnel receive this training annually.

The briefings are scheduled for Wednesday, Aug. 23, 10 a.m. at Richardson Theater, Fort Shafter and Wednesday, Aug. 30, 9:30 a.m. and 1:30 p.m. at Sgt. Smith Theater, Schofield Barracks. For more information, call 438-1872.

Road Closures — Drivers should watch for the temporary lane closures of Airdrome and Sterling Roads on Wheeler A. A. F. Traffic may be limited to one lane now through Aug. 11; from 8 a.m. – 3:30 p.m. Steel plates will cover trenches after work hours. For more information, call 624-8201.

Ongoing

Financial Health — Be money-wise. Contact Army Community Services, located on Schofield Barracks, Building 2091. Classes include checkbook maintenance, money management, credit management, the Thrift Savings Plan, car buying, mutual fund investing, college funding, and Army Emergency Relief referrals.

Instructors also assist with zero-percent interest AER loans. To attend a class or schedule a one-on-one appointment with a financial counselor, call 655-4ACS(4227). All services are free.

25 YEARS AGO

1981
•**July 22**, Hoofers learned how to “cut a rug,” much like entertainers in Broadway’s “The Chorus Line” when Army Hawaii Music and Theatre sponsored a jazz dance workshop for everyone 14 and older. Other Soldiers and family members could learn how to strum a guitar at the 10-lesson “Guitar Magic” course at the Music Center.
•**July 23**, “We’re using too much water,” said the chief of the Utilities Division, Directorate of Engineering and Housing, Bruce Arakaki, in concert with the Honolulu Board of Water Supply.
Officials asked service members and their families to further cut back on the use of water by 16

percent. An odd-even system of water rationing went into effect, until further notice.
•**July 23**, Sergeants in pay grades E-5, E-6 and E-7 were sought to fill openings in the club management program, primary military occupational specialty (MOS) 00J.
•**July 23**, Soldiers with social security numbers ending in select digits, like 01 and 41, were asked to complete a forthcoming survey, which would gauge their opinions on diverse topics. The Soldier Support Center wanted views on combat military service, assignment policies and re-enlistment.
(Editor’s Note: Information gathered from the Hawaii Army Weekly archives.)

Few Army-impacted schools miss NCLB targets

Hawaii public schools strive to meet federal and state mandates; parents play significant role in children’s education

TAMSIN KEONE

School Liaison Office, U.S. Army Garrison, Hawaii

In 2001, the Bush administration created the No Child Left Behind Act (NCLB) requiring that all of the nation’s students be proficient in core academics by 2014.

This federal law requires elementary and secondary schools to meet accountability standards set by the state.

The accountability system requires Hawaii to report “adequate yearly progress” (AYP) in math and reading proficiency, graduation and retention rates of students, the percentage of students at the school that have taken the test (e.g. 95 percent of the school population), as well as other educational indicators such as having a highly qualified teacher in every classroom that is licensed by the state, fully certified, and able to demonstrate competence in the subjects they teach.

The targets of the accountability system are raised on a regular schedule between now and 2014, so that by 2014 all students – even those who are low-income students, those belonging to the federal five ethnic groups, students with disabilities, and those with limited English proficiency – will be performing at grade level.

Furthermore, test results must be reported separately for the previously mentioned groups in the school, and if one group falls below the AYP target, the entire school will not make AYP for that year.

NCLB targets

Establishing NCLB targets helps to ensure that students meet proficient levels of academic achievement. The accompanying charts show the NCLB performance targets for reading and math and the performance of all students, statewide in these areas, along with a direct comparison of the five schools on Army installations on Oahu (e.g., Hale Kula, Solomon, Shafter, Wheeler Elementary and Wheeler Middle).

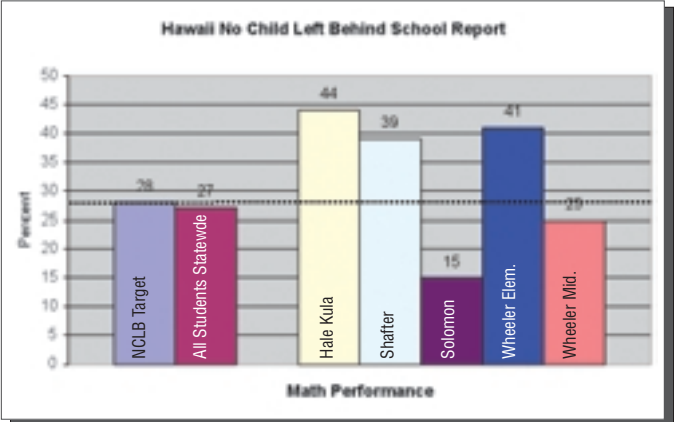
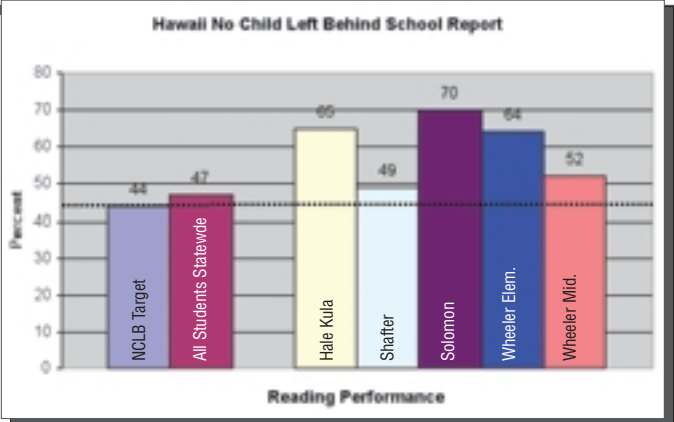
The following is the overall preliminary Adequate Yearly Progress status of the schools on Oahu’s Army installations:

- Hale Kula – Met
- Solomon – Not Met
- Shafter – Met
- Wheeler Elementary – Met
- Wheeler Middle – Not Met

The negative part is that the law unfortunately does not always reward progress. Schools can make outstanding progress and still not meet the AYP goal.

Table 1. Hawaii NCLB School Performance Targets, 2003-2014

Year	Proficient		Retention		Graduation
	Reading	Mathematics	Elementary	Middle/Inter.	
2002-03	30%	10%	3%	6%	70%
2003-04	30%	10%	3%	6%	70%
2004-05	44%	28%	3%	6%	75%
2005-06	44%	28%	3%	6%	75%
2006-07	44%	28%	3%	6%	75%
2007-08	58%	46%	2%	5%	80%
2008-09	58%	46%	2%	5%	80%
2009-10	58%	46%	2%	5%	80%
2010-11	72%	64%	2%	5%	85%
2011-12	72%	64%	2%	5%	85%
2012-13	86%	82%	2%	5%	85%
2013-14	100%	100%	2%	5%	90%



Above — This table shows the NCLB school performance targets for Hawaii for 2003-2014.

Left — These graphs show a side-by-side comparison of NCLB math and reading performance by schools on Oahu’s Army installation.



It’s very critical to recognize and applaud the work going on in our schools. All schools have a school improvement plan to contribute to the success of their students.

Some may have adopted a new reading or mathematics program, implemented a new curriculum, made scheduling changes, provided staff development for teachers, implemented after-school help, or some combinations of these and other efforts.

Assessments

Last spring, 95,000 public school students in grades 3 through 8 and grade 10 took the Hawaii State Assessment test that has been recognized as one of the five or six in the nation with the toughest standards.

Scores recently released by the Department of Education show that 66 percent of schools have failed to meet state goals or achieve AYP.

On a positive note, Hawaii Superintendent Patricia Hamamoto confirmed that the assessments are only one measure of

the learning that occurs in schools and that the proficiency levels at schools have grown since the state first began the testing in 2002.

The results showing how individual schools have performed will be released in August, and parents will receive individualized assessments of their children’s strengths and challenges with suggestions of how they can help.

The parent’s role

Parents also have a special job to do, and they play a crucial role in the education of their children. There are school organizations and groups that offer a means for volunteering and getting involved.



How do Hawaii’s schools fare?
Visit <http://arch.k12.hi.us/index.html>.

Schools would love to have more parent volunteers, but they also know that volunteering is not always possible for busy parents. They do encourage parents to get involved at home, and there are many things parents can do, including the following:

SEE SCHOOLS, A-9

New AHFH initiative reaffirms commitment to safety

ANN WHARTON

Army Hawaii Family Housing

The safety of families living in Army Hawaii Family Housing (AHFH) communities is a top priority, and AHFH reaffirms its commitment to families with its latest initiative, the “New Resident Safety Orientation.”

“The safety of our families, especially children new to Hawaii, the USAG-HI [U.S. Army Garrison, Hawaii], and AHFH is important,” said Janine Lind, AHFH property management director.

“Our program brings together military police, the fire department, AHFH safety officers and others to educate families on all facets of safety,” she added.

Presentations cover fire and electrical safety, safety for kids at home alone or in their neighborhood, crime prevention and more.

Presentations will be held the second and third Wednesday of each month, and they are open to all Army housing residents.

Another effort to bring safety to the forefront is AHFH’s National Night Out event, scheduled Aug. 4 from 4–7 p.m. at Canby Field in the north, and at Aliamanu Military Reservation’s West Community Center for south Army installations.

Residents will receive information at interactive booths that will give them knowledge of how to keep their families and communities safe.

Children will learn about safety through fun activities and lively presentations, including a fire truck demonstration, fingerprinting by Drug Abuse Resistance Awareness (DARE), interaction with representatives from the Police Eyes & Ears Program (PEEPS), prize drawings and face paintings.

For more information on the New Resident Safety Orientation Program or National Night Out, contact Bonnie Griffith at bgriffith@armyhawaiiifh.com or call 275-3178.

Fire Safety & Prevention

Fire Safety

Prevention is the best way to practice fire safety. Always be aware of potential hazards in your home. Remember the following tips:

- Check all electrical appliances, cords, and outlets for disrepair. Ensure they are in good condition, without loose or frayed cords or plugs.
- Be careful in the kitchen. According to the National Fire Prevention Association (NFPA), cooking is the leading cause of home fires. Practice safe cooking habits such as turning pot handles in toward the stovetop, so they cannot be knocked over. Always supervise children while cooking.
- Beware of cigarettes. The NFPA states that cigarettes are the leading cause of fire deaths. Most are started when ashes or butts fall into couches or chairs, so be careful where you smoke in your home.
- Use candles safely. Keep them out of the reach of children, away from curtains and furniture, and extinguish them before you leave the room. Do not let children use candles unsupervised in their rooms.
- Be aware of holiday dangers. If you use a live Christmas tree, be sure to keep it watered daily, and inspect all lights annually.

Fire Prevention

Did you know an overwhelming number of fires occur in the home? There are time-tested ways to prevent and survive a fire. It's not a question of luck – it's a matter of planning ahead! Make Your Home Fire Safe

- Install smoke alarms on every level of your home.
- Test smoke alarm's monthly and replace their batteries at least once a year.
- Vacuum away cobwebs and dust from smoke alarms regularly.
- Replace all smoke alarms every ten years.
- Have at least one working fire extinguisher in your home.

Plan Your Escape Route

- Determine at least two ways to escape from every room.
- Caution everyone to stay low to the floor while escaping and never open doors that are hot.
- Select a safe location outside your home where everyone should meet.
- Practice your escape plan at least twice a year so everyone knows it well.

Schofield Barracks homes model latest in ‘green’ technology

ANN M. WHARTON

Army Hawaii Family Housing

One of the things Army families enjoy most about living in Hawaii is the year round beautiful weather. Sure, there are rainy spells and some “chilly” mornings, but more often than not, the skies are blue.

And it is the sunny weather Army Hawaii Family Housing (AHFH) is relying on to help move U.S. Army Garrison Hawaii toward conserving our natural resources.

AHFH housing privatization project's ability to use renewable energy resources will make USAG-HI home to the largest solar-powered community in the world.

Every new home will feature solar water heaters that will provide almost 100 percent of the homes' hot water needs.

Many of the new homes will have photovoltaic (PV) panels installed atop garage roofs. Combined, the PV panels generate up to six megawatts of electricity, providing approximately 30 percent of AHFH's electrical consumption needs.

The panels have a low-light production rating, which is among the highest in the industry. In addition, a special coating reduces the amount of dust that adheres to the panels. The technology of the panels allows them to produce electricity on cloudy days, or if the cells become shaded or dust covered.

“We are excited to bring this technology to Army Hawaii,” said AHFH project director Steven Grimes. “Our investment in alternative energy resources will allow the USAG-HI to put more money back into maintaining quality homes and communities.”

Electricity prices are volatile, especially in Hawaii, where most electricity is generated by burning imported oil. Renewable energy helps reduce this dependence on foreign energy and may even prevent the construction or expansion of another power plant. It also has limited production risks and boasts zero emissions on site, resulting in no air pollution, hazardous waste, or noise.

“ quotable ”

You must be the change you want to see in the world.

— Mahatma Ghandi

Recruiters now receive training as ‘career counselors’

CHRIS RASMUSSEN
Army News Service

FORT JACKSON, S.C. — Recruiters have shed the sales approach in attracting new Soldiers in favor of sounding more like career counselors.

The way the Army conducts recruiting has undergone a massive transformation during the past two years. The evolution was developed and implemented at the Army Recruiting and Retention School at Fort Jackson.

“The way we used to do business is nothing like we do now,” said Master Sgt. Ivan Santana, Recruiting Division chief. “We were known as sales reps, now we are in the counseling business. We show people the different routes in life, not just the Army. The word “sales” is not allowed to be used here. It’s like a curse word.”

Part of the change stemmed from an Army survey that found the target age population of 17 to 24, also known as the Millennial Generation, was more receptive to the counseling approach.

“The Millennial Generation has been sold to all their life,” said Command Sgt. Maj. Anthony Gales, command sergeant major of the school. “We have found that they want to make a difference and are patriotic. They just need some guidance about how to accomplish their goals.”

Sgt. 1st Class Michael Towne, instructor, said the new approach to recruiting is working well.

“You look at the public today, and what do they fear most? Telemarketers and salesmen,” Towne said. “We don’t want to convince anyone the Army is the way to go. We provide them with a guide to achieve their goals in life.”

The biggest challenge in implementing the doctrine has been to retrain established recruiters in the new counseling philosophy.

“It’s difficult to teach old dogs new tricks,” Santana said. “But we have found the successful recruiters had been doing this all along.”



Christa B. Thomas | 25th Infantry Division Public Affairs

First Sgt. Dave Kramer, Honolulu Military Entrance Processing Station, explains an inprocessing survey to new Army recruit Matua Tuaolo. The survey allows new recruits to express comments or concerns regarding their recruiting and inprocessing experience, and provide necessary feedback to MEPS leadership and local recruiters.

The course includes six weeks of training and a week of evaluation. Much of the coursework involves hands-on training and role-playing exercises where students conduct interviews with other students acting as potential applicants.

Students go to local malls and campuses, where they speak with the public about joining the Army. Leads generated from the talks are given to local recruiters. The school also has a telephone work station where students make phone calls around the country.

Last year, 120 Army contracts were signed as a result of leads generated from the school.

“This experience gives them confidence. If they fail, they have instructors to counsel them to get better,” said Sgt. 1st Class Mark Kinsey, curriculum developer for the school.

Last year, 5,041 Soldiers graduated from the school, which is the only one of its kind in the Army.

“We look for Soldiers with interpersonal skills,” said Staff Sgt. Charles Warner, instructor. “The tactical and technical skills will come for them, but the big thing is for them to be able to communicate back and forth.”

About 75 percent of the students attending the school are selected by Department of the Army, according to Santana.

Sgt. 1st Class Charles Boyd, who is in his fourth week at the school, said that despite being DA-selected he is up for the challenge.

“I am excited to do it. To me it is just another challenge,” said Boyd, who will be assigned to a recruiting station in New Jersey following graduation. “We went out to a mall the other day to practice talking with people and I was really surprised how open they were to speak with us. Especially the kids, they were eager to talk about the Army.”

The Army chooses Soldiers in the top 10 percent of each military occupational specialty to go to recruiting school.

“We need Soldiers with extraordinary integrity, self-discipline and time management skills because when they get out there they will be by themselves and away from their Army installation,” Warner said. “In a normal Army setting you see your first sergeant daily. As a recruiter you might see him weekly.”

Not all students attending the school are DA selected, however. Sgt. Cynthia Ramos, a student at the school who holds a logistics MOS, volunteered to become a recruiter.

“I like to help people achieve their goals,” she said. “The Army helped me achieve my goals and I wanted to give back.”

Staff Sgt. Antionette Pitts, who is in her third week of the course, said her main motivation in attending the school was so she could help today’s youth.

“It is not just about the numbers,” she said. “It is about helping individual young people make educated decisions about their future. A lot of them don’t know what they want to do, or which direction to go in. For me this is a way leading them in that right direction.”

(Editor’s Note: Chris Rasmussen writes for The Leader at Fort Jackson, S.C.)



Gallery: Museum honors Shinseki

CONTINUED FROM A-1

time as the chief of staff, he will be remembered as one of the best.”

A humble Shinseki addressed the audience. “I asked my Grandma Shinseki what I should say before I came here,” he said. “She told me, ‘Tell them you come from a good family ... and tell them you’re a good American Soldier.’”

“I hope the reflection of this gallery is about the

Left — Retired Gen. Eric K. Shinseki, 34th chief of staff of the Army, signs autographs at the grand opening.

American Soldier and about a family’s assimilation into America,” he said.

The gallery features photos of Shinseki from his days as a West Point cadet to his tours in Vietnam, his years in Europe, all the way up to chief of staff of the Army. Other memorabilia on display include a set of his Class A uniforms, a battle dress uniform and a scale model of a Stryker vehicle.

“We have a better Army because of General Shinseki,” said retired Gen. David A. Bramlett, also a member of the Society. “We have a better America because of Gen. Shinseki.”

Schools: Parents play vital role in their children’s education

CONTINUED FROM A-6



Keone



Yoshino

- 1) Provide a quiet place to do homework.
- 2) Make sure children get a good night's sleep and a good breakfast.
- 3) Take an interest in children's school-work and talk with them about it their homework.
- 4) Teach children respect for others and responsibility for their own behavior.

Contact school liason officers — Tamsin Keone or Wayne Yoshino — at 655-9818.

Schools, parents and the community need to acknowledge and congratulate all other schools, students, teachers and parents who have worked hard to make improvements and meet NCLB. There are big challenges ahead for Hawaii’s schools, but with support, hard work and positive changes, schools will get to where they need their students to be.



Federal voting aids readily available

JIM GARAMONE
American Forces Press Service

WASHINGTON — The Federal Voting Assistance Program office is pulling out the stops to ensure all service members and their families who wish to can vote. Polli Brunelli, the program's chief, said the program has learned from experience and has put in place a system to make it relatively painless for service members and their families to vote in 2006 elections. And, she added, service members and their families want to vote. They generally vote in greater percentage than the general population, Brunelli said. Military votes count, she said; absentee ballots decided a number of elections in 2004. The program covers not only military personnel, but also DoD civilians and DoD contractors. It depends on dedicated officers and non-commissioned officers at unit level. Each unit has a voting assistance

officer, and they are the primary points of contact. A number of changes are being implemented in this election cycle. Some states will now send ballots to requesters via e-mail; others will fax the ballots. Each state is responsible for voting by its citizens, so the laws and programs offered vary from state to state. Other changes include a revised Federal Postcard Application (FPCA) form. Brunelli said, “We have several blocks on there for [voters] to put alternative addresses if they are on the move. There is also a place to put their e-mail address. This is very important because local election officials want to be able to communicate to voters.” This is particularly helpful for reserve-component personnel called to active duty. For instance, a Minnesota National Guardsman may go through training in Mississippi before deploying. The Guardsman can

put the alternative address on the request for the ballot. Brunelli’s office is working with the U.S. Postal Service to ensure expedited mail service for ballots. This started in 2004 with great success. Ballots will arrive to service members in September or October. To be sure votes arrive on time, Brunelli is telling service members to mail in their voted ballots the week of Oct. 8 to 14. Brunelli said the biggest problem the program confronts is outdated addresses. Folks who have moved since the 2004 election need to submit an updated FPCA. If all things work perfectly — and they usually do — service members will receive their ballots from local election official and return them without a hitch. “It doesn’t matter what ballot you get ... vote it,” Brunelli said. “If the state ballot arrives after (submitting a write-in ballot), they should vote that, too.”

Gains in preventing pain, injuries will aid troops

Scientific research may lead to advancements that lessen injuries Soldiers get during training

ARMY NEWS SERVICE News Release

NATICK, Mass. — Scientists at the U.S. Army Research Institute of Environmental Medicine (USARIEM) hope to improve warfighter performance using their knowledge of musculoskeletal injuries and the effects of non-steroidal anti-inflammatory drugs (NSAIDs) on the body.

Soldiers have extreme physical demands placed on their bodies, including the need to move rapidly while carrying heavy loads over difficult terrain. As a result, musculoskeletal injuries, which include injuries of bones, joints, ligaments, tendons, muscles and other soft tissues, are prevalent among the nation's warfighters.

"Musculoskeletal injuries are one of the top medical problems reported by Soldiers, especially during their physical training," said Dr. Edward Zambraski, division chief, Military Performance Division, USARIEM.

Musculoskeletal injuries may impact not only a Soldier's ability to do his job well, but can also result in significant time away from the job to allow for recovery, or lead to a disability discharge.

According to Dr. (Col.) Paul Amoroso, USARIEM research epidemiologist, musculoskeletal injuries are the number one cause of disability discharge. By investigating the prevalence of musculoskeletal injuries and assessing how Soldiers are being trained, USARIEM scientists hope to find ways to improve Soldier performance while reducing injury.

Scientists also hope to reduce the downtime caused by Soldier injuries. Problems with training injuries have been studied most frequently during Basic Combat Training (BCT). It's not unusual for 25

percent of men and 50 percent of women basic trainees to experience a musculoskeletal injury.

USARIEM, in collaboration with the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md., has been investigating basic training injuries since 1980.

Zambraski, a leading expert on the effects of NSAIDs on kidney function, said that much of Soldier use, and overuse, of NSAIDs is driven by their high rate of musculoskeletal injuries.

"In an effort to keep going, many warfighters rely on NSAIDs, such as ibuprofen, aspirin and naproxen. These pain relievers are fine in small doses," said Zambraski, "but problems arise when Soldiers take them too frequently at too high a dosage.

Zambraski explained that NSAIDs work by temporarily blocking the body's natural production of prostaglandins (PGs). PGs promote inflammation and pain, but also perform other important and essential bodily functions. In the stomach, PGs protect the lining from acid. By taking too many NSAIDs, Soldiers put themselves at risk for ulcers or other gastrointestinal problems.

In the kidneys, vasodilator PGs widen blood vessels, helping to maintain renal blood flow and to protect kidney function.

According to Zambraski, one goal of USARIEM's research program is to reduce musculoskeletal injuries, which would have the beneficial effect of reducing the need for NSAIDs among Soldiers.

This research is also examining the effects of other compounds that can reduce inflammation and pain, but not decrease the body's production of beneficial PGs.

Right — Pfc Matthew Moeller, 25th Infantry Division, Special Troops Battalion, stops to rest during an eight-mile tactical road march.



Spc. David House | 17th Public Affairs Det.



Spc. Kevin Link | 17th Public Affairs Detachment

Sgt. Simeon Porter, with the 39th Military Police Detachment at Fort Shafter, took first-place honors and \$500 at the Schofield Barracks Military Idol competition last year.

‘Military Idol’ returns

SPC. TIERNEY HUMBERSON 17th Public Affairs Detachment

The Tropics at Schofield Barracks will hold auditions for the second Military Idol, Aug 9.

The competition, a spin off of television's American Idol, will be held throughout military installations for a number of weeks. Soldiers must win the competition at their local installation to move on to the final round.

Much like the television show, Soldiers must be rated favorably by both a judge and their peers in order to advance in the competition.

Last year's Military Idol representative for Schofield Barracks was Sgt. Simeon Porter, who competed at the final level in Fort Gordon, Ga.

There are 94 days left to the finals, and today is the final deadline. Their will be 32 installations competing this year. Contestants must be on active duty, have no adverse actions pending, compete as a vocalist and be in amateur status.

Today is the last day to sign up. You could be the next Military Idol.

Families must get ‘command sponsorship’ to qualify for overseas Prime health care

New requirement will impact active duty families enrolled in ‘Overseas Prime’

TRICARE MANAGEMENT ACTIVITY

News Release

FALLS CHURCH, Va. — Tricare policy requires active duty service members with overseas orders to verify command sponsorship for accompanying family members for enrollment in the Tricare Overseas

Program (TOP) Prime, including Tricare Global Remote Overseas (TGRO).

The policy also requires family members to reside with their sponsor to be eligible for enrollment into TOP Prime.

Beneficiaries may seek command sponsorship through service personnel channels. If service families without command sponsorship move overseas, they may pay costly out-of-pocket health care expenses, as they are only eligible for Tricare Standard, Tricare Plus and space-available care at military treatment facilities.

When Tricare Standard beneficiaries seek care overseas, they may have to pay the entire bill at the time of service and then file a claim for reimbursement with Tricare. Under Tricare Standard, family members must pay an annual deductible and cost shares each time they get care outside of the military treatment facility.

If command-sponsored families enrolled in TOP Prime or TGRO have a newborn or adopt a child while overseas, they may enroll the child in Tricare Prime.

Sponsors that bring non-command



TRICARE

sponsored family members with special medical needs to an overseas location, with no specialty support for those needs, may put their family member at unnecessary health risk.

For more information, beneficiaries may contact their overseas Tricare Service Center listed at www.tricare.osd.mil/overseas/index.cfm or the Tricare Area Office serving their overseas region. Beneficiary counseling and assistance coordinators are also available to help at www.tricare.osd.mil/bcac/.

Tricare, the Department of Defense agency that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.2 million beneficiaries worldwide.

HAWAII **ARMY** WEEKLY PAU HANA

www.25id.army.mil/haw.asp

“When work is finished.”

FRIDAY, JULY 28, 2006

Haleiwa Arts Festival

Fine art and original works prove this festival is not just another craft fair

STORY AND PHOTOS BY
AIKO BRUM
Managing Editor

HALEIWA – Every piece of art tells a story and many pieces spoke volumes at the annual Haleiwa Arts Festival, last weekend, at Haleiwa Beach Park.

The festival caters to a diverse audience. It exhibited an eclectic mix of both refined and caricature artwork. Exquisite, delicate objects perched adjacent to booths of homespun crafts. Visually abstract and literal pieces provoked the eye, ear and sense of touch.

“We want to have a lot of new artists get the opportunity to show and tell, and the opportunity for the public to come and experience a lot of different styles and different kinds of art,” said Gary Anderson, executive director of the festival. “It’s not strictly a crafts fair; we have a broader variety of fine art and originals.”

From humble beginnings in 1998, the festival has grown from an initial pooling of 18 North Shore artists to 127. Juries select artists from near and far – still as near as historic Haleiwa town, but now as distant as the islands of Maui, Molokai and the Big Island; mainland locations like Idaho and Washington State; and even out of country, South America’s Uruguay.

Some stumble upon the festival when touring the islands. In sheer size alone, the festival quickly is becoming one of Oahu’s biggest.

Many who exhibited their work were first-timers, the bulk returning artists. Some specifically set aside time to show at Haleiwa because the festival allows them to gross more revenue here than in several months of traveling the arts and crafts circuit.

“In the first two or three years, to get a dream started, takes a lot of human and economic capital,” Anderson explained. “That we’ve survived as long as we have, and receive recognition, is just great.”

The Artists

For the artists themselves, many said they hone their captivating works after years of roller coaster rides. Their passions ebb and peak, and there’s much intrigue along their journey, but eventually they find their creative voice.



Below — Retired Navy veteran John Critchfield shapes koa and other wood products into must-have bowls.



Left — Artist Christopher St. John (above), with the support of his wife Faith, a sergeant and cook at Wheeler Army Air Field, works in oils and ink drawings. His “raw” perspective is on display at Bethel Street Gallery in Honolulu.

Oils on wood panels and ink drawings are the chosen medium of Wheeler Army Air Field resident Christopher St. John.

With his wife Faith, a sergeant and a cook with 3-25th Aviation, by his side, he defined his collection: “It presents itself as being naïve, but not. It’s figurative ... raw. A little bit on the faux naïve side.”

Throughout most of August, the Bethel Street Gallery will exhibit St. John’s work. The artist himself will present his collection “The Cloud Eaters,” the evening of Aug. 17. However, the St. Johns will soon support one another only in spirit. She deploys to Iraq with her unit in a few weeks.

“I came here on a nuclear submarine

and took one look at this place [Hawaii] and said I’m not leaving,” explained John Critchfield who readily shares his stories while showing his koa wood bowls.

The retired sailor has been working with a variety of woods the last 15 years.

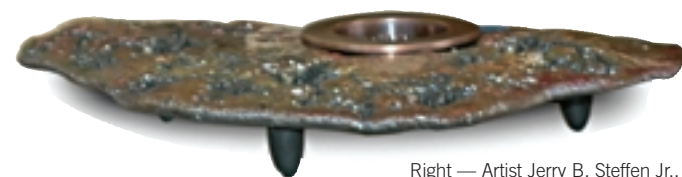
“I happen to enjoy color and fabric, and I get over my shyness by telling people stories,” said Haleiwa resident Sonja Hagemann.

Still active with Schofield’s Hui O’ Na Wahine spouses club, the former military wife explained, “I have a dialogue with the creatures. My largest ingredient is imagination.”

Hagemann’s husband, David Berke-meyer, is a former paratrooper who’s lived off and on in Hawaii since 1959. He lends helping hands to Sonja, and then quietly slips away when she works the crowds, alive in her element.

SEE HALEIWA, B-4

Right — Artist Jerry B. Steffen Jr., a Seattle, Wash., native, first stumbled upon the Haleiwa Arts Festival when visiting Oahu in 2005. Hooked, he applied for his very own booth and displayed his work, including notecards, for the first time.





July

28 / Today

Hawaiian Luau Lunch Buffet — Taste a traditional Hawaiian style feast today from 11 a.m. to 1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m. to 2 p.m. at the Nehelani on Schofield Barracks. Cost is \$9.95 per person.

Call the Hale Ikena at 438-1974 or the Nehelani at 655-4466 for lunch buffet reservations or information.

Military Idol — Active duty Soldiers, come show off your singing talent in the 2006 Military Idol competition. Applications are being accepted through tonight at Tropics. Military Idol performances will begin August 9. Look for more information to come and call 655-8522 for additional details.

Steak Night — Enjoy a sizzling steak cooked on the grill with garlic mashed potatoes, rolls, and vegetables at KoleKole Bar and Grill. Dinner will be served from 5 to 8 p.m.

Cost is \$11.95 for top sirloin steak and \$14.95 for Porterhouse steak. Children's pricing is available. For additional information, call 655-0664.

Teen Center Trip — The Aliamanu Military Reservation teen center is hosting a trip to the Ice Palace for all teens. Meet at AMR at 6 p.m. For more information, call 833-0920.

29 / Saturday

Parents Night Out — Leave your kids with Child and Youth Services (CYS) at the Peterson Center on Parents Night Out, and then enjoy a nice night out on the town.

Children enrolled in Parents Night Out must be registered with the Child and Youth Services registration office no later than noon July 28. Reservations are first-come, first-serve. For more information, call 655-8313.

30 / Sunday

Library Closure — The Sgt. Yano Library, Schofield Barracks, will be closed July 30 for carpet cleaning. Regular library hours are Monday through Thursday, 11 a.m. to 8 p.m.; Friday through Sunday, 10 a.m. to 6 p.m.; and closed on holidays. For more information, call 655-8002.

4 / Friday

Mongolian Barbecue — It's Stir Fry-day! Select your favorites from a large variety of meats and vegetables and we will grill them to your liking. Join us tonight from 5 to 8 p.m. for Mongolian barbecue, cooked outside in front of KoleKole Bar and Grill.

Cost is 65 cents for each ounce, and reservations are recommended. For more information, call 655-0664.

5 O'clock Shadow — Country music fans, don't miss out on this live performance by the band 5 O'clock Shadow at Tropics. DJ music will begin at 7 p.m. and the band performs 9 p.m. to midnight. Cost is \$5 and you must



community calendar

Send calendar announcements to community@hawaiiarmyweekly.com.

July

28 / Saturday

Hawaii State Farm Fair — Enjoy a native plant sale; a farm animal exhibit and petting zoo; live entertainment; stomach-churning rides; and classics treats from the midway menu at the annual Hawaii State Farm Fair. The event continues through the weekend.

The fair is in Kapolei, corner of Farrington Highway and Fort Barrette Road. Hours of operation are 6 p.m. to midnight, Friday, July 28 and noon to midnight July 29 and 30.

Tickets can be purchased at the gate. Bring an empty Pepsi can Saturday for an additional discount. For detailed information, visit www.ekfernandez.com or 682-5767.

August

5 / Saturday

Sunset Serenade Summer Concert — The Hawaii Kai Towne Center free concert



Christa B. Thomas | 25th Infantry Division Public Affairs

'Ewww! ...'

Nigel Nose-it-all asks curious onlookers if it's funny when a nose is runny. "It's not."

Did you know that on an average day, most people produce a quart of saliva, shed ten billion skin scales, and swallow about a quart of mucus?

These are just a few of the intriguing (and disgusting) factoids taught through sophisticated animatronics and imaginative exhibits at Bishop Museum's national traveling exhibit, "Grossology: The (Impolite) Science of the Human Body."

The exhibit takes advantage of kids' attraction to all things grotesque, helping them discover why and how their bodies produce the mushy, oozy, crusty, scaly and stinky things it does to remain healthy.

Based on the best-selling book, "Grossology" by Sylvia Branzei, this 6,000 square-foot interactive, hands-on exhibit is on display through Aug. 27. Discounted tickets for military can be purchased at the Bishop Museum box office.

For more information, visit www.grossologytour.com or www.bishopmuseum.org.

be 18 years old and over to attend. For more information, call 655-5697.

9 / Wednesday

Military Idol — Who is going to be the next Hawaii Military Idol? Don't miss your chance to find out. Come see the competitions at Tropics, beginning August 9. All performances are from 6:30 to 9:30 p.m. and are free. Win great prizes and vote for your favorite idol. For more information, call 655-8522.

11 / Friday

Seafood Bucket for Two — It's back! Seafood lovers can dig into a variety of seafood, including shrimp, crab, clams and mussels at KoleKole Bar and Grill, from 5 to 8 p.m.

Cost is \$24.95 for two and includes the seafood bucket and a pitcher of your favorite beverage. For reservations or more information, call 655-0664.

12 / Saturday

Health and Fitness Fun Fair — Come and enjoy a day of health awareness and fun

at the Aliamanu Military Reservation Youth Center Gymnasium, August 12, from 9 a.m. to 1 p.m. There will be a variety of booths representing nutrition, hygiene, and chiropractic care, along with raffle drawings, sports and game booths, inflatable bouncers, and massages.

For more information, call 836-1923.

Ongoing

Kolekole Bar and Grill — Come check out the newest addition to the Nehelani, the Kolekole Bar and Grill. The bar and grill features a fresh new menu, featuring great pupu and entrée selections. Enjoy darts, pool, games, karaoke and more. For more information, call 655-0664.

SKIES Payment Plan — SKIES Unlimited is offering a new payment program for families enrolling their children in the Schools of Knowledge, Inspiration, Exploration, and Skills classes. Families can now enroll their children for a full semester and pay month by month.

ners, is available at www.canstruction.com.

26 / Saturday

Oahu Arts Center — The Oahu Arts Center announces its third annual "A Night of the Arts," an evening of food, live entertainment, art activities, and a silent auction to raise funds to build a community arts education center and performing venue. This event is Saturday, Aug. 26, 6 to 10 p.m. at the Mililani Golf Course.

Cost is \$50 per adult and \$25 for children 12 and under. Call 848-7632 for more information or visit www.oahuartscenter.org.

29 / Tuesday

Women with No Limits — Join Gov. Linda Lingle at the third annual International Women's leadership Conference , Tuesday, Aug. 29. Registration begins at 7:30 a.m. and the conference begins at 8:30 p.m. Scheduled speakers to date include Vivian Aiona, Paige Hemmis from "Extreme Makeover," Dr. Johnetta B. Cole, Rear Adm. Sally Brice-O'Hara, and a special videotape message from Oprah Winfrey. To see a current and complete list of speakers, or to register for the conference, visit www.iwlchi.org.

September

6 / Wednesday

Oahu South Community Town Hall Meeting — The next Oahu Base Support Battalion Town hall meeting is scheduled for Wednesday, Sept. 6 at 6:30 p.m. in the AMR Chapel. The town hall meeting is a proactive forum designed to assemble directors and

For more information, call 655-8380 or 833-5393.

Paperback Book Kits — The Sgt. Yano library, Schofield Barracks, will issue paperback book kits to deploying units. For more information, call 655-9143.

Family Child Care — FCC provides in-home child care by an adult family member living in government quarters or housing, complete with flexible hours and a comfortable family-like setting.

In Hawaii, certified FCC homes are available on Schofield Barracks, Wheeler Army Air Field, HMR, AMR and Fort Shafter.

If you are interested in placing your child in FCC, or want information on becoming a provider, call 655-8373 (Schofield Barracks) or 837-0236 (AMR).

SKIES Unlimited — Your one-stop program for child and youth instructional classes is SKIES Unlimited. Current offerings include music, martial arts, gymnastics and driver education classes, as well as babysitting certification, which include CPR and first aid courses.

Hula, "Introduction to Dance" for 3- to 9-year-olds (tap, ballet, movement and tumbling) and street dancing are also available. Plus, coming soon are modeling and tiny tot opportunities to round out offerings. For more information, call 655-5525.

Auto Crafts Car Care — The Fort Shafter and Schofield Barracks Auto Craft Shops offer oil change, tire repair patch, tire demount/mount, tire rotations, transmission service and wheel balance services by appointment only on Wednesdays and Thursdays.

The staff will provide services while the customer supplies the parts and fluids (oils) for the vehicle. Prices vary by service needed.

For more information, call 655-9368 (Schofield Barracks) or 438-9402 (Ft. Shafter).

Youth Sponsorship — If you are new to Hawaii and between the ages of 5 and 18, CYS has a welcome gift for you, and a youth sponsor who wants to be your friend. Call 655-2263 for more information.

Better Opportunities for Single Soldiers — Want to get involved in the community and don't know how? Join BOSS on one of its many volunteer outings.

BOSS works with many groups within the community such as Big Brothers /Big Sisters of Honolulu, Bowl Games of Hawaii and the PGA, as well as organizations exclusive to the Army family like the Exceptional Family Member Program and Army Community Service.

Volunteers are needed; call 655-8169 for more information.

Tropic Lightning Museum — Come visit the Tropic Lightning Museum, Schofield Barracks, to learn about the rich history of the 25th Infantry Division and Wheeler Army Airfield. Public and private tours, and Sergeant's time training programs are available. Every Saturday at 1 p.m. a free war movie or documentary is shown. For more information call 655-8301.

MWR Pet Kennel — Located at the Halawa Quarantine Station in Halawa

SEE MWR BRIEFS, B-5



Worship Services

Aliamanu (AMR) Chapel

- Catholic
- Sunday, 8:30 a.m. – Mass
- Sunday, 9:45 a.m. – Religious education (Sept. – May only)
- Gospel
- Sunday, 11 a.m. – Sunday school (Sept. – June only)
- Sunday, 12:30 p.m. – Worship service
- Protestant
- Sundays, 9:45 a.m. – Worship service
- Sunday, 11 a.m. – Sunday school (Sept. – June only)

Fort DeRussy Chapel 836-4599

- Catholic
- Saturday, 5 p.m. – Mass in chapel (May – Aug.)
- Saturday, 6 p.m. – Mass on the beach
- Protestant
- Sunday, 9 a.m. – Worship service

Fort Shafter Chapel 836-4599

- Contemporary Protestant
- Sunday, 9 a.m. – "The Wave" worship service

Helemano (HMR) Chapel

- Contemporary Protestant
- Sunday, 10 a.m. – Worship service and children's church

Main Post Chapel 655-9307

- Catholic
- Sunday, 9 a.m. – CCD & RCIA
- Sunday, 10:30 a.m. – Mass
- Collective Protestant
- Sunday, 9 a.m. – Worship service
- Sunday, 10:30 a.m. – Sunday school
- Gospel
- Sunday, 10:30 a.m. – Sunday school
- Sunday, 12 p.m. – Worship service

MPC Annex, building 791

- Chalice circle
- Tuesday, 7 p.m.
- Islamic prayers and study
- Friday, 1 p.m.
- Buddhist
- 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic
- Friday – Saturday, 12 p.m. – Adoration (24 hours)
- Protestant
- Sunday, 9:30 a.m. – Worship service

Tripler AMC Chapel 433-5727

- Catholic
- Sunday, 11 a.m. – Mass
- Monday – Friday, 12 p.m. – Mass
- Saturday, 5 p.m. – Mass
- Protestant
- Sunday, 9 a.m. – Worship service

Wheeler Chapel


- Catholic
- Saturday, 5 p.m. – Mass
- Collective Protestant
- Sunday, 10:30 a.m. – Worship service and children's church



This Week at the

MOVIES

Sgt. Smith Theater



Cars (G)

Friday, 7 p.m.
Saturday, 2 p.m.
Wednesday, 7 p.m.



The Fast And The Furious: Tokyo Drift (PG-13)

Saturday, 7 p.m.
Sunday, 7 p.m.
Thursday, 7 p.m.

PTA hosts statewide Civil Air Patrol encampment

BOB MCELROY
Pohakuloa Training Area Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Nearly 60 Civil Air Patrol cadets and leaders completed their annual statewide encampment here on Tuesday, marking the first time in more than five years that PTA has hosted the organization.

The group included 28 basic cadets who were attending their first encampment, and 19 staff members and leaders. The staff and leaders were those individuals who had attended at least one encampment. Cadets ranged from 12 to 18 years old.

From the moment their feet hit the ground, basic cadets were busy acclimating to the strict military regimen after being on summer vacation for several weeks. Instead of leisurely days at the beach, cadets endured long days that began with reveille at 6:30 a.m. and ended with lights out at 10 p.m.

In between those hours, senior cadets and adult leaders guided them through drill and ceremony, leadership classes and practical exercises, map and compass training, land navigation, first aid and aerospace education.

The classes and practical exercises were designed to prepare cadets for two of the three missions of the Civil Air Patrol (CAP): aerospace education and emergency services. Training and encampment fulfilled the third CAP mission: cadet programs.

According to CAP Maj. Valerie Hoke, the organization was established on Dec. 1, 1941, less than a week before the Japanese attack on Oahu. During World War II the CAP supported the Army Air Forces. Following the war, President Harry S. Truman established the CAP as a federally-chartered benevolent organization. In May 1948, Congress passed a law that designated the CAP as the auxiliary of the new U.S. Air Force.

Toward the end of the encampment at PTA, Hoke reflected on the week and said it was the best encampment of the six she has participated in since she joined the CAP.

Both Hoke and Cadet Maj. Fumiko Hedlund, the CAP camp commander, agreed the excellent cadet staff enabled the encampment to run smoothly.



Tianna Sudduth | PTA Natural Resources Biologist

Above — Natural Resources Biologist Lance Tominaga shows Civil Air Patrol cadets natural resource areas Pohakuloa Training Area manages.

Right — Several cadets carry “Jimmy” the PTA Fire Department’s training dummy, during a search and rescue exercise. Shown here are, from left: Cadet Tech. Sgt. Nicholas Sugai, Cadet Master Sgt. Andy Felix, Cadet Master Sgt. Sean Lee and Cadet Staff Sgt. Isaac DeRego.

“Sometimes it’s tough for the staff to come together, but not so this year,” Hoke said, noting that staff is usually composed of cadets from throughout the state who have never worked together.

Hedlund, who is the commander of the Kona CAP squadron, said that the weeks of preparation prior to the encampment were worse than the actual encampment.

“This was the best encampment I’ve been to,” Hedlund said. “It was a different environment and location than before, with cold weather and dryness. We were lucky we had a good staff; everyone did their job so well without being told.”

Hoke added that having a flexible schedule helped when things did not go according to plan, as did having a group of support staff cadets who showed excellent initiative.

“We had great cadets this year,” Hoke said. “Last year’s basic cadets were smart; this year they’re on the staff and they’re very impressive.”

Both Hoke and Hedlund praised the support they received from the PTA staff, especially the fire department, which assisted them with land navigation and search and rescue training, and the Natural and Cultural Resources branches, which gave the cadets a glimpse into task of preserving, protecting and managing natural and cultural resources at PTA.

“Everyone at PTA was great,” Hoke said.

Hedlund joined the CAP in March 2003 at the urging of a close friend, who was a cadet commander.

“I didn’t want to [join at first]... I thought it was for geeks,” she said as she laughed.

Hedlund changed her mind shortly thereafter when she accompanied her friend to a CAP physical fitness test. As a runner, she liked the emphasis on physical training and joined the following week.

Since then, she has ascended through the ranks to become a major and is the Kona squadron commander. It is the CAP’s emphasis on training leaders that appeals to Hedlund.

“It is satisfying to know you have a positive effect on kids and will pass something down to them,” Hedlund said.

On a personal note, Hedlund also shared why she enjoys summer encampments.

“The encampments motivate you; you get to hang out with friends and cadets from other squadrons. And then there are the stories you get from encampment,” she said with a smile.

With the end of the Summer 2006 encampment, Hedlund was reflective.

“This has been a great experience. It was a busy, sleep-deprived week, but also a lot of fun,” she said.



Bob McElroy | PTA PAO

Haleiwa: Eclectic art, from durable to delicate, embody artists’ imagination

CONTINUED FROM A-1

Behind the scenes support

Of course, a festival of this magnitude does not succeed from sheer will. Many loyal patrons and community volunteers — not the least of which are Soldiers based out of Schofield Barracks — combine manual labor and economic capital to make the festival happen.

“Thank you, thank you, thank you. I cannot say it enough,” said Joan Gossett, event coordinator, who praised the three days of manual labor provided by Soldiers of 540th Quartermaster to set up and tear down the grounds.

“They help us put up the smaller tents, all the banners, the signage ... everything you see within the white tents, basically. We are so very grateful, especially with everybody [about to be] deployed.”

Artists pay booth fees, said Anderson, and fundraisers, private donations, business sponsors and funds from the City and County of Honolulu’s Office of Economic Development also help cover various expenses.

The festival may happen but once a year, but patrons of the arts need not sulk. In addition to Haleiwa, the arts thrive in quaint shops along Kamehameha Highway in Kahaluu, in Waikiki’s Kapiolani Park — just about every other weekend — and in unpretentious Chinatown shops, fast becoming a trendy destination spot in downtown Honolulu.

Budding artists in north and south areas of Army installations can learn the tricks of the trade, too. The Arts & Crafts Centers at Schofield Barracks and Fort Shafter are open to bring out the artist in Department of Defense employees and their family members. Regularly, diverse media offer numerous opportunities to “talk story” via art.



Above — Artist Kimi Werner is inspired by island lifestyle and leisure activities such as canoeing and paddling. Working with oils is her passion, in addition to teaching art at Kuhio Elementary School.

Left — City and County of Honolulu Mayor Mufi Hannemann (right) presents a surprise check for \$12,000 to Gary Anderson, executive director of the Haleiwa Arts Festival. The city’s Office of Economic Development wholeheartedly supports the arts. “A little appreciation for the arts is great for the community,” said the mayor. “So, kids, participate!”



Above — Recycled wire and glass sculptor Dale Cronn creates island objects and heartfelt beauty out of discarded materials.



Aiko Brum | 25th Infantry Division Public Affairs

Soldier support

Spc. Daniel Bruder of 540th Quartermaster begins to disassemble a tent during tear down of the Haleiwa Arts Festival, Monday. A dozen or so Soldiers from the 540th provided manual labor two days prior to the festival and the day after, all in the spirit of ohana.

Community Calendar

From B-2

post chapel, beginning at 5:30 p.m. with a free meal, followed by children, youth, and adult bible studies of varying topics. Free childcare is available. To reserve a space, call 655-9307.

Master's Degree

— The University of Oklahoma is offering a Master of Arts in Managerial Economics. The non-thesis program can be completed in about 18 months. The one-week classes are TDY/TAD friendly. Contact OU at 449-6364, or aphick-am@ou.edu, or visit the Web site at www.goou.ou.edu.

Grossology Exhibit — Did you know that you produce a quart of saliva each day or that there are more than 250,000 sweat pores on the soles of your feet? These are just a few of the intriguing (and slightly disgusting) factoids taught at Bishop Museum's latest national traveling exhibit, Grossology: The (Impolite) Science of the Human Body. Discover why your body produces the mushy, oozy, crusty, scaly and stinky things it does. Grossology will be on display in the Castle Memorial Building through Aug. 27.

Protestant Women of the Chapel — A place to find laughter, hope and friends. Join our summer session on Tuesdays, now through August 15 at the Main Post Chapel from 9:30 to 11:30 a.m. in Room D-9. Free on-site childcare is available by reservation. For further information, call 206-8504.

Employment Orientation — Take the first step in landing the job you want. Get employment information on federal, state, private sector and staffing agencies. Use the reference materials, job

listings, computers, etc. that are available the Army Community Service employment resource area. Workshops are Fridays, 9 – 10:30 a.m. at ACS Schofield Barracks, building 2091. Call 655-4227 to register.

ACS Volunteers — Free childcare at an hourly rate is provided for up to 20 hours per week for those who volunteer with ACS. Volunteering offers job experience and flexible hours. For more information, call 655-4227.

Please Kokua — Fisher House at Tripler needs the following products: paper plates, plastic spoons and forks, styrofoam cups, paper napkins, paper towels, toilet paper, and HE (high efficiency) liquid laundry detergent. If you are able to help, call Ave Porter at 433-1292 or 561-7423.

Cub Scout Pack 183 — Join the Webelos at Wheeler Army Air Field for fun and learning the Boy Scout way. The pack meets Mondays at 7 p.m. at the Camp Stover Community Center. Boys, grades 1–5, or ages 6–10 are eligible to join. For more information, call 624-2722, 457-5816, or via e-mail at johnstoor@hawaii.rr.com.

Boy Scout — Incoming Boy Scouts or interested boys who have completed the 5th grade are invited to join our troop. Meetings are Mondays, 6:30 p.m. at the Scout Hut on Schofield Barracks. For more information, call 683-0463 or email scouterulmen@hotmail.com

Community Calendar Briefs — Do you have announcements of upcoming events, sports or activities that you would like to post in the Hawaii Army Weekly? If so, e-mail your information to community@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

MWR Briefs

From B-2

Valley, the MWR pet kennel is available for military personnel deploying, awaiting permanent housing or just going on vacation. The facility is an outdoor boarding facility for cats and dogs only. Fees for dogs are \$14. The second family dog boarding in the same kennel is \$10. Cats are \$10 per day. The second family cat boarding in the same kennel is \$5. Spaces are limited. For reservations, call 368-3456.

Home School Support Group — Home schooled students are invited to join biweekly group meetings where activities include arts and crafts, field trips, science experiments, computer classes and more. Call 655-8326 to obtain a copy of the current calendar or learn more about registration.

Nueva en la Biblioteca — The Sgt. Yano Library on Schofield Barracks now has a collection of

books and videocassettes in Spanish. Books are available for children of all ages along with a wide selection of adult fiction. For more information, call 655-0145.

Arts and Crafts Center — Need a fast gift? Stop by the Arts and Crafts Center and choose from a variety of island crafts, including mirrors, baskets, woodcrafts and more. For more information, call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

MWR Happenings — To find out more information about MWR activities, programs and facilities, pick-up a copy of the Discovery magazine available at the Schofield Barracks Commissary, Fort Shafter Post Exchange, Aliamanu Shoppette, Tripler mauka entrance, any MWR facility, or visit the MWR Web at www.mwrarmy-hawaii.com.

Job Search — Visit, browse and apply for federal jobs that are available in Hawaii at www.nafjobs.com.



Bob McElroy | Pohakuloa Training Area Public Affairs

‘Hot stuff!’

Pohakuloa Training Area firefighter Steve Coloma helps Clayton Gumbs, an Operation Purple camper, don a structural fire breathing apparatus.

Operation Purple is a free summer camp program of the National Military Family Association. The camp offers children of deployed military personnel a chance to interact with kids their own age and share experiences.



Managing stress takes priority

HOOAH4HEALTH.COM
Web Release

Situations that create stress are as unique as we are. Our personality, genes and experiences influence how we deal with stress. For some, a big family dinner may be stressful. Others might enjoy increased activity and responsibility, but find stress in other situations that are beyond their control.

Fortunately, many ways exist to combat stress, from taking a deep breath to readjusting the way we think while under stress. Each person should find what works for him or her, including these effective self-care tips:

Take care of yourself. Get good exercise, adequate sleep and regular, balanced meals. Exercise helps burn off the excess energy that stress can produce. Setting a regular bedtime and wake up time will force your body clock to set and combat the sleep disorder caused by stress. Regular bedtimes will also make sure that your body is getting the downtime it needs to repair itself. Good nutrition has important short-term and long-term benefits.

Develop friendships. Having someone to confide in is important while on the job and off. Sharing feelings with people we trust can be a first step toward resolving problems. Avoid relationships with "negative" friends who reinforce bad feelings.

Manage your time. Set realistic goals and deadlines. Plan projects accordingly. Accept the fact that your in-box will always be full. Do "must do" tasks first. Schedule difficult tasks for the time of day when you are most productive. Tackle easy tasks when you feel low on energy or motivation.

Take time for yourself. Not everything on your to-do list must be done today. When you get through half the list, put it aside and do something relaxing. During the workday, take short breaks to stretch, walk, breathe slowly and relax. Always put yourself as a priority on your to-do list.

Set limits. When necessary, learn to say "no" in a friendly but firm manner. Don't overtax yourself with social functions, especially during the holiday season.

Limit your work hours. Make sure your working life doesn't spill over into your private life. Those who consistently work long hours burn out quicker than the rest.

Change your diet. Don't use sugar to get you through the day. Keep your blood sugar stable by avoiding sweet foods and eating carbohydrate foods instead, because your body will break these down to sugars gradually. Take a good multi-vitamin and reduce your use of caffeine, alcohol and tobacco ... and the highs and lows associated with them.

163-mile bike trek is a breeze for Schofield Barracks Soldier

PFC. MATTHEW C. MOELLER
17th Public Affairs Detachment

For most people, a 163-mile bicycle trek may seem like an impossible task. But for one Schofield Barracks Soldier, it's a task worth trying.

For the past four months, Capt. Zachary Reed, Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team, battle captain, has been training for the annual Pan-Mass Challenge, which treks across Massachusetts.

This event offers riders the chance to push their own limits while supporting the Dana Farber Cancer Research Center of New England.

"I have always donated money to Dana Farber through the Combined Federal Campaign program," said Reed. "But this ride provides me with the opportunity to do more for them."

Reed credits his participation in the event to his girlfriend Rebecca Hughes, a market researcher in Honolulu, who participated in the event last year.

"Rebecca got me started," said Reed, "before her, I hadn't been on a bike since elementary school."

Now Reed is riding almost every day through the hills and towns of Oahu in preparation for his first major event.

"I do two 20-mile rides during the week and then two longer rides back-to-back on the weekend," said Reed.

The Massachusetts resident said the cause keeps him going. This event is a very personal for him, as his grandmother Joann Bauer has been battling cancer for the past 10 years.

"It just means so much to know that he cares," said Joann. "I have never been more proud of him."

"Failure is not an option for me," said a dedicated Reed.

"Men, women and children with cancer line the streets during the ride, so the discomfort I feel on my bike is nothing compared to what they are going through."


The Pan-Mass Challenge will take Reed across 46 scenic Massachusetts towns in two days, Aug. 4 and 5, traveling approximately 80 miles each day.

Nearly 4,000 cyclists will participate in the event, which is expected to raise \$24 million this year.

For more information on the Pan-Mass Challenge, visit the Web site at www.pmc.org.



Left — Capt. Zachary Reed, Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team battle captain trains for the Pan-Mass Challenge, an annual two-day 160 mile bike event near his home. The event challenges riders to push their limits while supporting the Dana Farber Cancer Research Center of New England.



July

29 / Saturday

Hawaii Championship Wrestling

Come watch Hawaii Championship Wrestling at Tropics today. Doors open at 6 p.m. and matches start at 7 p.m.

The cost is \$5 for ages 12 and up, \$3 for ages 11 and under, and free for children ages 5 and under. Call 655-5697 for more information.

5 / Saturday

Ladies Golf Clinic

Ladies, do you want to brush up on your golfing skills? A free, hour-long golf clinic will be held August 5 at the Leilehua Golf Course at 2:30 p.m. All required equipment will be provided and advance reservations are recommended. For more details or to reserve your space, call 655-4653.

6 / Sunday

Bowling Tournament

A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center, August 6. Check-in is at 1 p.m., and the cost is \$20. Call 655-0573 for more information.

Flag Football and Cheerleading

Register now through August 15 for Youth Sports flag football and cheerleading. The program is open to youth born between 1990 and 2001. Cost is \$45 for flag football and \$60 for cheerleading



July

29 / Saturday

Valve Cover Racing

The Aloha Stadium Swap Meet is hosting a Valve Cover Racing Series during its regular Swap

(\$20 if you already have a uniform). For more information, call 836-1923 (AMR) 438-9336 (Fort Shafter) 655-0883 (Wheeler) or 655-6454 (Schofield).

Ongoing

Golf for Food and Fun — The “Golf for Food and Fun” event is held every Tuesday at Nagorski Golf Course, Fort Shafter. Tee times are from 2:30 to 5 p.m., and cost will be \$22 per person for riding and \$17 per person for walking, which includes 9-hole green fees, par 3 prizes, pupus for four people, a pitcher of beverages, a door prize entry, and the golf question of the week contest.

A minimum of three people is required per team. For more information, call 438-9587.

101 Days of Summer — Students, kindergarten through twelfth grade, are invited to the Fort Shafter and Schofield bowling centers through Sept. 4 to bowl their way through the “101 Days of Summer.” Each day of summer, participating students can receive one free game of bowling for each paid game each day of summer. Free games can be played any day from opening until 5 p.m.

Grand prizes include a trip for four to an “Aly & AJ” concert and a private movie screening of “How to Eat Fried Worms” for one lucky winner and 100 guests. Other prizes include a portable DVD player, iPod shuffle, video games and prizes from the Schofield and Fort Shafter bowling centers.

For more information, call 655-0573 (Schofield) or 438-6733 (Fort Shafter).

BMX Track — The BMX track on Wheeler Army Air Field is now open on Wednesdays from 5 to 6 p.m. and Satur-

days from 10 a.m. to noon. For additional information, call 655-0883 or visit www.mwrmilitaryhawaii.com/cys/bmx_track.htm.

Brazilian Capoeira — Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are offered Tuesdays from 5:30 to 7 p.m. at the Fort Shafter Physical Fitness Center.

For more information, call instructor Mestre Kinha at 247-7890.

Leilehua Golf Course Driving Range — The golf driving range is open until 9:30 p.m. on weekdays, Monday through Friday, at the Leilehua Golf Course. Call 655-4653 for more information.

Water Aerobics — Come for a new and exciting workout at Richardson Pool. July classes will be held Monday, Wednesday, and Friday from 11:30 a.m. to 12:30 p.m. and Tuesday and Thursday from 5 p.m. to 6 p.m. There is a \$2 fee per class or a punch card will be available for \$15. Water aerobics provide a safe and effective exercise alternative that improves your overall level of fitness without stress on the joints. For more information, call 655-1128.

What’s Up Gymnastics — SKIES Unlimited is partnering with What’s Up Gymnastics to offer a military discount program for all upcoming classes. What’s Up Gymnastics provides several classes to choose from, including recreational and competitive classes and the only indoor climbing wall on Oahu.

Classes are provided for all ages, even as early as 1 year old. Discount cards can be picked up at the Child and Youth Services registration offices. For more information, call 655-5525.



Jeremy S. Buddemeier | 25th Infantry Division Public Affairs

Diving into summer

Stephanie Higa, lead recreational assistant at Schofield Barracks' Richardson Pool, shows children the proper form for diving, July 20. After diving into the water, children swam across the width of the pool. More than a dozen children participated in the "water safety and learn to swim" course last week.

August

13 / Sunday

Polo Tournament

Cowboys and cowgirls, head on over to the Honolulu Polo Club for the sixth annual Wahine Challenge Polo Tournament at the Waimanalo polo grounds, Aug. 13.

Gates will open at 1 p.m., games at 2:30 p.m. Cost is \$7 per person and proceeds benefit the Military Welfare Fund.

Send community announcements to community@hawaiiarmyweekly.com.